

What is in a healthy lunchbox?



You decide!

www.safefood.eu

I would like each First Year student to design a healthy lunchbox suitable for school.

The finalists will prepare their healthy lunchbox idea in the new kitchen and

the remaining First Years will vote for their favourite.

What do I need to do?

1. Think of exciting & interesting healthy foods you could put in your lunchbox & compile a lunchbox menu.
2. Fill in the back of this sheet & hand it to your Form Teacher (1.45 pm) on

Thursday 27 September 2018

Name: _____

Class: _____

Lunch Box Menu

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Remember:

It can be hot or cold food, but you must be able to transport it to school in a type of lunchbox (Thermal flasks etc. could be used).

Choose foods from each of the four food groups on the food pyramid.



Group 1: Salads, fruit and vegetables

Group 2: Wholegrain cereals, breads, rice, pasta & potatoes

Group 3: Dairy (Milk, cheese, yoghurt)

Group 4: Meat, poultry and fish group.

- Include a drink
- Do not include anything from the 'others' group
- It must be healthy so follow the healthy eating guidelines:

Eat more:		Eat less:	
Fruit, vegetables, fish and fibre		Sugar, saturated fat and salt	

